

Management of Influenza in School

Influenza is a viral infection that attacks the respiratory system — the nose, throat and lungs. Influenza is commonly called the flu, but it's not the same as stomach "flu" viruses that cause diarrhea and vomiting. For most people, influenza resolves on its own, but sometimes it can lead to serious complications.

While the timing of flu season is unpredictable, seasonal flu activity often begins to increase in October, most commonly peaks between December and February, but can last as late as May. The CDC recommends that everyone ages 6 months and older get a flu vaccine by the end of October.

It takes about two weeks after vaccination for antibodies to develop in the body to protect against flu virus infection. Although it's best to get vaccinated as soon as the flu vaccine is available, getting the vaccine later can still be helpful.

If your child is planning to attend or is currently attending the Newtown Public Preschool, please contact Mariza Borges, RN at (203)426-2194 at Sandy Hook Elementary for further information regarding flu vaccination requirements.

Management includes rest, increasing fluid intake and fever-reducing medication such as Tylenol or Motrin. Parents/guardians will be advised to have students evaluated by a provider for diagnosis and treatment. Management sometimes includes an antiviral prescription ordered by the provider. Documentation should be provided to the health office following evaluation. **Students should stay home until they feel better and are fever free for at least 24 hours. Students will be sent home if unwell and/or symptomatic.**

Practicing **hand hygiene** is a simple yet effective way to prevent infections. Cleaning and disinfecting high touch areas will help to prevent spread of infection as well.

For additional information see links below.

[Flu Guide for Parents](#)

[Is it a Cold or the Flu?](#)

[Treating Influenza Fact Sheet](#)

[First aid for the flu](#)

[Vaccine Finder](#)

www.cdc.gov/flu

[Who should be immunized?](#)

www.kidshealth.org

[Connecticut Department of Public Health information on Seasonal Influenza](#)

